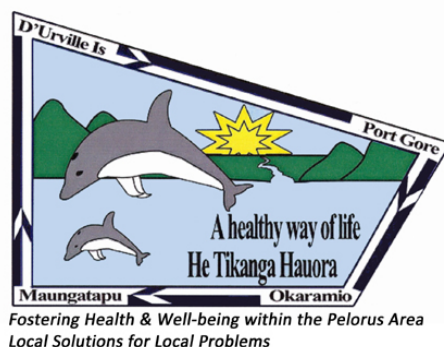


Pelorus Area Health Trust



News from PAHT

Donations, Mental Health and Patient Portal

AGM Donations – at the AGM on Saturday the 17th August, PAHT was able to give out \$7450 in donations to some of our invaluable community groups. That was on top of the other donations made recently to the value of \$9250! This was made possible by the good work at the Havelock Charity Shop. Thank you for supporting our shop.

Mental Health – MPHO have put out a guide on what to do if you are worried about your, or your loved ones, mental health. The full guide can be found on the PAHT website. This is a growing problem in our isolated area, with men's mental health issues in particular being of concern. There are some numbers you can call to get immediate help:

NEED TO TALK? - Freecall or text 1737

Healthline – 0800 611 116

Are You OK – 0800 456 450

Depression Helpline – 0800 111 757 or free text 4202

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Youthline – 0800 376 633, free text 234 or online chat

Anxiety phone line – 0800 269 4389 (0800 ANXIETY)

Patient Portal – Springlands Medical Centre (and therefore Havelock Medical Centre) has signed up to the national patient portal system- Health 365. You can now manage your health online. With this service you can:

*Make appointments with your GP or nurse

*Access your medical records

*Access the consultation notes your doctor makes

*Order repeat prescriptions

*Track your lab/test results

*Get a list of scheduled events, e.g. due dates for checkups, follow up care etc

To sign up, grab an enrolment form from Havelock Medical Centre or the Havelock Charity Shop. Fill it in and bring it to the medical centre. Note: If you only have one email address for a couple, you will need to sign confidentiality agreements. It is better to have separate email addresses.



Shingles Vaccine – Enquire about the free shingles vaccine for over 65 year-olds. People with compromised conditions should also enquire.

Visit our website for more information

www.pelorusareahealthtrust.co.nz